Friendly, professional welcome for new client

Subject: Welcome to Your Fitness Journey!

Dear [Client Name],

Welcome to [Gym/Personal Training Program]! I am thrilled to have you on board and excited to help you achieve your fitness goals.

During our sessions, we will work together to create a personalized plan that fits your lifestyle, strengths, and goals. Your dedication and consistency will be key to seeing results, and I am here to guide and support you every step of the way.

Please feel free to reach out with any questions or concerns before our first session. Looking forward to starting this journey with you!

Best regards,

[Trainer Name]

[Contact Information]

[Gym Name]

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